

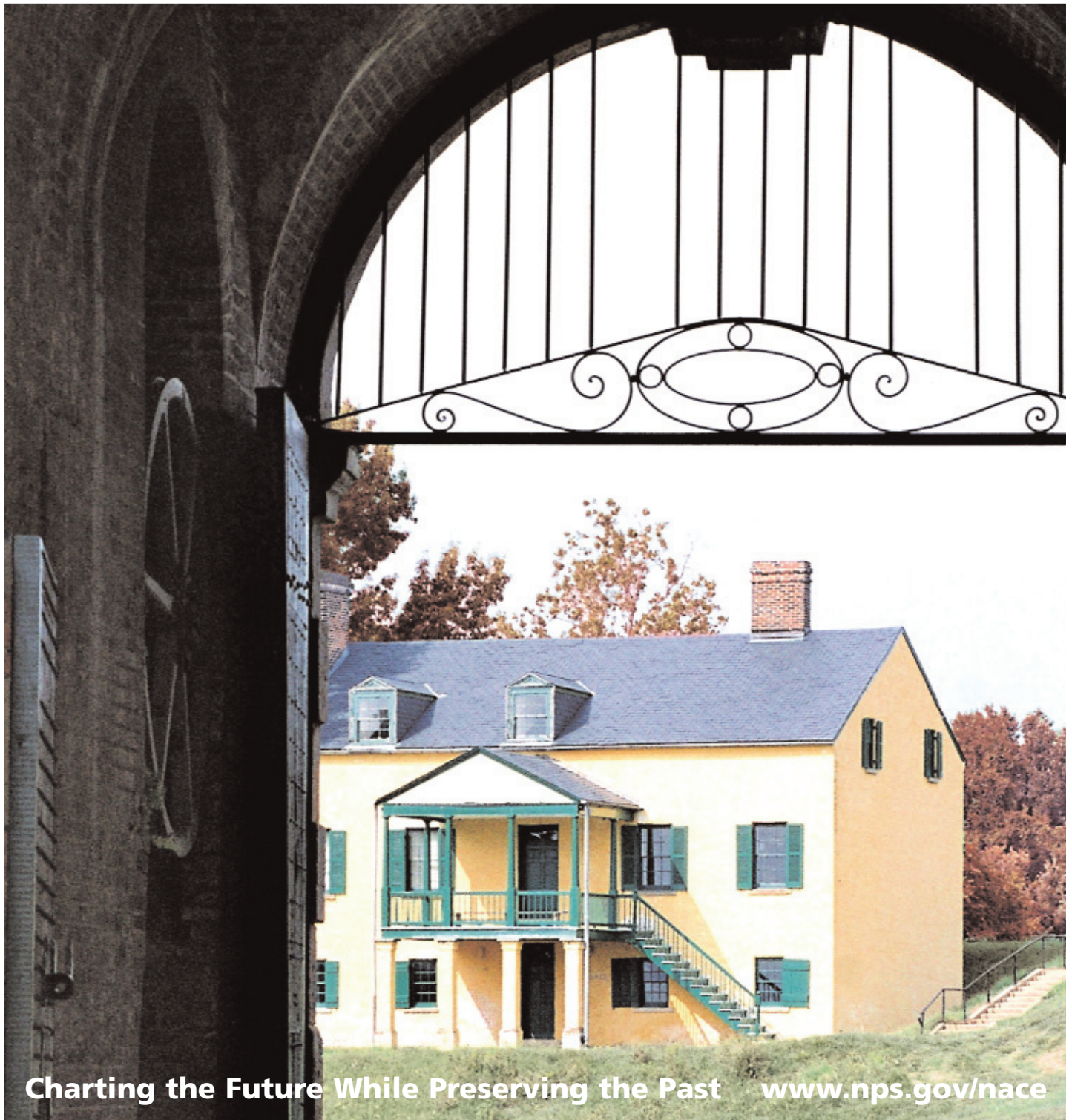
# Beyond the Capital

National Park Service  
Department of the Interior



## A Visitor's Guide to National Capital Parks-East

Fall 2005



Charting the Future While Preserving the Past [www.nps.gov/nace](http://www.nps.gov/nace)

Message From the Superintendent

Dear Visitor:

I extend an invitation to visit our parks at National Capital Parks-East during the beautiful Fall season. We offer many activities for all ages with our festivals, nature trails, fall foliage, and programs. We focus on education this season, with the introduction of our new Educator's Resource Guide. We hope educators will find the pull-out guide ideal for their students and helpful in planning visits to National Capital Parks-East.

We take this opportunity to wish you a safe and happy holiday season!

Gayle Hazelwood



Message From the Deputy Superintendent

Dear Visitor:

The Fall season at National Capital Parks-East promises to be scenic and enjoyable for our visitors. Just minutes away from the Nation's Capitol, you can hike one of the beautiful trails at Greenbelt or Fort Washington Parks to enjoy the fall foliage or launch your boat at Anacostia Park or Marshall Hall to enjoy the views from the water. Whatever your interests are, you will find them at one of our sites. This Fall edition of Beyond The Capital features a section highlighting our partners and offers a wide variety of programs to school groups and the general public. Please take a moment to view our guide and all the programs we have to offer you.

As always, have a safe and enjoyable visit at your National Park!

Alexcy Romero



Printed on recycled paper.

Mission

As one of the 388 parks in the National Park System, National Capital Parks-East shares the mission to conserve the scenery and the natural and historic objects and the wildlife therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations.



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**Beyond the Capital: Visitor's Guide to NCP-East** is a publication of the National Park Service.

Correspondence should be addressed to: National Capital Parks-East, Newspaper Editor, 1900 Anacostia Drive, SE, Washington, D.C. 20020.

PLEASE tell us what you think. Letters and comments should include a full name and address or email address.

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*Educator's Resource Guide designed by Monta Coleman*

*Image on front cover: View of the Commandant's House from the Parade Grounds of the historical fort. Fort Washington Park, NPS Photo, Bill Clark.*



# Trip Planner

National Capital Parks-East (NCP- East) has an important story to tell; from the people or places it commemorates, to the natural and cultural wonders it protects; from neighborhood community parks and National Historic Sites to unique wetland ecosystems, meadows, and mature hardwood forests, the grand diversity of NCP-East offers something for everyone.

## Special Services

NCP-East makes every effort to provide access to all of our facilities and programs to the broadest possible range of visitors. From the elderly and children, to those not so physically able, NCP-East strives to create inclusive opportunities for people of all abilities. For detailed information on special services, visitors should contact the park's Accessibility Coordinator at (202) 690-5188.

## Camping

A 174-site campground at Greenbelt Park is open all year. Facilities are available for tents, recreation vehicles, and trailers up to 30 feet long. Restrooms, showers, picnic tables, water, and fire

grates are provided. There are no electric hookups and camping is limited to 14 days. Fees are charged. For campground reservations, call 1-800-365-CAMP or (301) 344-2929.

## Park Regulations

Help protect park resources and ensure an enjoyable visit for everyone by complying with park rules and posted regulations.

- Pets are welcome, except at Oxon Cove Park. Pets must be kept on leashes no longer than 6 feet long and under control at all times.
- Discharging firearms anywhere on NCP-East lands is unlawful.
- Dispose of your garbage and other refuse by placing in park provided containers.
- When hiking, stay on the established trails and watch your footing at all times.
- Please respect park resources and keep bicycles on paved roads and designated bike trails.

## Important Phone Numbers

Emergencies	Dial 911
U.S. Park Police Communications Center	202.619.7105
Park Headquarters	202.690.5185
Campground Reservations	800.365.CAMP 301.344.2929
Local Weather	202.936.1212
Metro Rail and Bus	202.637.7000

## Support Your National Parks

ANYONE PLANNING TO VISIT a national park this year can help National Capital Parks - East (NCP-East) by purchasing a National Parks Pass from a NCP-East site before leaving the park. The attractive Pass has been offered for sale since National Park Week in April 2000.

National Park Passes are \$50.00 each and allow unlimited entrance to National Parks that have an entrance fee. The pass is good for one year from the date of purchase and admits the owner and other passengers where per-vehicle entrance is charged or the owner, spouse, children, and parents where a per-person fee is charged. For an additional \$15, the purchaser of a Park Pass will receive a gold hologram sticker that upgrades the Park Pass to a Golden Eagle. Golden Eagle Passes provide admittance to other public lands with entrance fees. Passes are for entrance fees only and not user fees such as campgrounds, parking, etc. Income generated by the sale of the National Park Pass will support priority projects at the park where the card is purchased.

A Pass can also be purchased online by visiting [www.national-parks.org](http://www.national-parks.org) or over the phone by calling 1-888-GO-PARKS. Although Fort Washington is the only NCP-East site that charges an entrance fee, the entire Park benefits. 80% of the \$50.00 price will stay at NCP-East if the pass is purchased at one of our sites.

### The National Park Pass

- allows admission for you and your family to all National Parks.
- is good for one year from the month of purchase.
- comes with a special Pop-Out™ map of all the National Parks.
- supports America's National Parks because \$40 of each purchase goes directly to the Parks to support vital programs.

# Points of Interest

## Anacostia Park

**ANACOSTIA PARK** presently spans over 1,200 acres stretching the length of the Anacostia River from the Frederick Douglass Memorial Bridge north approximately five miles to the District/Maryland line. It includes Langston Golf Course and River Terrace and is one of Washington, D.C.'s largest and most important parks with diverse recreational opportunities, natural areas and historic sites.

This multi-use recreation park, with shoreline access, skating pavilion, ball fields, basketball and tennis courts, and picnic areas attracts people from throughout the city and across the nation. The shorelines also provide opportunities for river access, fishing, birding, and just relaxing!



### Contact Information:

1900 Anacostia Drive,  
SE Washington, D.C. 20020  
202-472-3884  
[www.nps.gov/nace](http://www.nps.gov/nace)

## Capitol Hill Parks

When L'Enfant submitted his design for the national capital of Washington in 1790, a system of grand avenues, public buildings, and grounds dominated the overall plan. Many of the parks, medians, circles, and squares of Capitol Hill evolved from this plan and its subsequent modification, in 1901, by the McMillan Commission.

The **CAPITOL HILL PARKS** located between 2nd Streets NE and SE and the Anacostia River, provide elegant and useful greenspace within the city of Washington for relaxation, aesthetic enjoyment and historic commemoration.

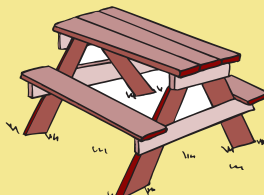
Included in this group are: Lincoln, Folger, Stanton, and Marion Parks; Maryland Avenue Triangles; Pennsylvania Avenue Medians, Squares and Triangles, including Seward Square; Potomac Avenue Metro Stations; Twining Square, and other inner city green spaces.

### Contact Information

1900 Anacostia Drive, SE  
Washington, D.C. 20020  
202-690-5185  
[www.nps.gov/nace](http://www.nps.gov/nace)

## Fort Dupont Park

**FORT DUPONT PARK**, is the largest of the Fort Circle Parks. Today, Fort Dupont Park is a heavily wooded, 400-acre site that protects an important sub-watershed of the Anacostia River and contains , tennis and basketball courts, softball fields, and a community ice-rink. Its rolling wooded hills are an important visual element of the Nation's Capital, and provide an attractive setting for community garden plots, frolicking children and an annual summer concert series. There you will also find hiking and biking trails, and picnicking areas. The park is open to the public daily, from dawn to dusk.



### Contact Information

1411 W Street, SE  
Washington, D.C. 20020-4813  
202-426-5961  
[www.nps.gov/fodu](http://www.nps.gov/fodu)

## Fort Washington Park

**FORT WASHINGTON** is a 19th century fortification that was built to defend the Nation's Capital from naval attack. The fort remained active through 1946.

Fort Washington's Visitor Center and Fort are closed on Thanksgiving, December 25, and January 1. The grounds are open from sunrise to sunset and the Fort and Visitor Center are open from 9:00 a.m. to 5:00 p.m. Memorial Day through Labor Day and from 9:00 a.m. to 4:30 p.m. Labor Day through Memorial Day. An entrance fee is charged from April through October. Tours of the fort are available daily. Picnicking areas, river views and access, and extensive woodlands and hiking trails are also available. Fort Washington Park hosts a number of special events annually including Civil War artillery firing demonstrations and living history programs.

### Contact Information

1355 Ft. Washington Road  
Ft. Washington, MD 20744  
301-763-4600  
[www.nps.gov/fowa](http://www.nps.gov/fowa)

## Mary McLeod Bethune Council House NHS

Nestled in the heart of the Logan Circle Historic District in Washington, D.C. is the **MARY MCLEOD BETHUNE COUNCIL HOUSE NATIONAL HISTORIC SITE**. Bethune founded the National Council of Negro Women and the site served as its national headquarters from 1943 to 1966.

The site is open to the public Monday through Saturday from 9:00 a.m. to 5:00 p.m. It is closed January 1, Thanksgiving, and December 25. Tours are available for both individuals and groups of all ages.

The site's archive houses materials pertaining to black women and their organizations, and contains extensive correspondence, photographs, and memorabilia relating to the National Council of Negro Women.

### Contact Information

1318 Vermont Avenue, NW  
Washington, D.C. 20005  
202-673-2402  
[www.nps.gov/mamc](http://www.nps.gov/mamc)

## Oxon Cove Park/ Oxon Hill Farm

Located in the District of Columbia and Prince George's County, Maryland, **OXON COVE PARK** features the historic **OXON HILL FARM**. Visitors can explore the early 19th century farm house (Welby Manor), and other historic barns, stables, and outbuildings. Animals, crops, orchards, and gardens are also found on the farm site. The park's 512 acres also provide recreational opportunities for hiking, biking, and picnicking, and are an excellent resource for environmental studies, wildlife observation and fishing.

The Farm is open to the public daily from 8:00 a.m. to 4:30 p.m. except January 1, Thanksgiving, and December 25. Reservations are required for special programs, education offerings, and popular activities such as milking cows, gathering eggs and wagon rides.

### Contact Information

6411 Oxon Hill Road  
Oxon Hill, MD 20745  
301-839-1176  
[www.nps.gov/oxhi](http://www.nps.gov/oxhi)

## Piscataway Park

Situated along the Potomac River in Maryland, **PISCATAWAY PARK** was created to preserve the historic views from Fort Washington to Mount Vernon, home to President George Washington. The forested coves and tidal marshes located along the Piscataway Park shoreline are great for exploring by canoe, and Saylor Grove is a beautiful place for picnicking and fishing. The park is also home to bald eagles, beavers, fox, osprey and many other species. To complement the surroundings, the park offers a public fishing pier (presently closed for repairs) and two boardwalks over fresh water tidal wetlands, a variety of nature trails, meadows, and woodland areas, each with unique features.

Piscataway Park is located on the east shore of the Potomac River, west of Accokeek, Maryland.

### Contact Information

13551 Ft. Washington Road  
Ft. Washington, MD 20744  
301-763-4600  
[www.nps.gov/pisc](http://www.nps.gov/pisc)

## Sewall Belmont House and Museum

The **SEWALL-BELMONT HOUSE AND MUSEUM** is the site where suffrage leader Alice Paul and the women of the National Woman's Party led the fight for equal rights for women in the United States and throughout the world. The National Woman's Party was instrumental in gaining the passage of the Nineteenth Amendment to the Constitution giving women the right to vote.

Alice Paul, the author of the Equal Rights Amendment, lived and worked in the house for many years. The library, which contains an unparalleled collection of suffrage and equal rights artifacts and documents, is dedicated to the history of the party and the history of the suffrage and equal rights movements.

### Contact Information

44 Constitution Avenue, NE  
Washington, D.C. 20002  
202-546-1210  
[www.sewallbelmont.org](http://www.sewallbelmont.org)

## Frederick Douglass NHS

## Greenbelt Park

## Kenilworth Aquatic Gardens

## Langston Golf Course

Perhaps the most widely known NCP-East site is Cedar Hill -- the home of abolitionist and reformer Frederick Douglass. The **FREDERICK DOUGLASS NATIONAL HISTORIC SITE** houses an impressive collection of original furnishings and artifacts associated with this great American.

The park is open to the public daily, except January 1, Thanksgiving and December 25. Visitors learn about the life of Frederick Douglass through exhibits, a film in the visitor center, and ranger-led tours of the home. Space in the house is limited. Reservations are required for groups of 5 or more and encouraged for others.

The public can expect a few closures of the home throughout the fall as the site undergoes a series of maintenance projects. For closures or project updates, please call ahead or check the park's website.

### Contact Information

1411 W Street, SE  
Washington, D.C.  
20020-4813  
202-426-5961  
[www.nps.gov/frdo](http://www.nps.gov/frdo)

**GREENBELT PARK** is a natural oasis situated just 12 miles from Washington, D.C. and 23 miles from Baltimore, Maryland. The park's 1,100 acres of oak, maple, sweetgum, and old pine are a retreat from the pressures of city life and a forested refuge for native plants and animals.



A wide range of recreational opportunities and educational programs are available year-round on request, including facilities for picnicking, camping, backpacking, biking, bird watching, hiking and wildlife viewing.

The park is open daily from dawn to dusk. The Ranger Station is available year-round from 8:00 a.m. to 3:45 p.m., except Thanksgiving and December 25.

### Contact Information

6565 Greenbelt Road  
Greenbelt, MD 20770  
301-344-3948  
[www.nps.gov/gree](http://www.nps.gov/gree)

**KENILWORTH AQUATIC GARDENS** is the only NPS site devoted to the cultivation of flowering aquatic plants. It is a 12-acre sanctuary that features serene ponds and flowering water lilies and lotus, as well as many species of birds and wildlife. The Aquatic Gardens' annual Waterlily Festival in July attracts thousands of visitors at the peak of the blooming season. A visitor center and greenhouse are open year-round.

**KENILWORTH MARSH** is a 77-acre freshwater tidal marsh that borders the Kenilworth Aquatic Gardens. The marsh includes 32-acres of marsh restored in the 1990s to help provide habitat to a wide array of wildlife and wetland plants native to the region. An interpretive boardwalk and the River Trail from the Aquatic Gardens provide visitors access to various marsh zones and the Anacostia River.

### Contact Information

1550 Anacostia Avenue, NE  
Washington, D.C. 20019  
202-426-6905  
[www.nps.gov/kepa](http://www.nps.gov/kepa)

Named for John Mercer Langston, an African American elected to Congress in 1888, **LANGSTON GOLF COURSE**, offers an 18-hole course, driving range and clubhouse.

The Course opened in 1939, as a 9-hole facility when very limited golfing facilities were available to African Americans. Nine additional holes were constructed in the 1950s. Although the layout and landscape has evolved over time, Langston Golf Course was placed on the National Register of Historic Places for its association with the efforts to provide equal access during the era of racial segregation. It is also historically associated with pioneering African American golf clubs and professional golfers.

Langston's Pro Shop and snack bar are open from dawn to dusk year-round. The driving range is open from 9:00 a.m. to 5:00 p.m. daily. Programs beyond golf are offered for youth, and private lessons are available by appointment.

### Contact Information

26th & Benning Road, NE  
Washington, D.C. 20019  
202-397-8638 phone  
[www.golfdc.com](http://www.golfdc.com)

## Volunteer Opportunities at NCP-East

The National Park Service offers volunteer opportunities to high schools, colleges, adult organizations and community groups to support the efforts of National Capital Parks-East.

A volunteer experience contributes much to the mission of the National Park Service and to the community. National Capital Parks-East (NACE) VIP job opportunities are diverse and are available at all eight NACE park sites. Volunteers welcome visitors to the parks, conduct guided tours, assist with special event support, maintain trails, serve as campground hosts, design computer programs and much more. You are encouraged to contact Volunteer Coordinators at the below sites to inquire further about volunteer jobs and opportunities that we are seeking to fill or visit us at <http://www.nps.gov/nace>.



PARK	COORDINATORS	PHONE
Anacostia Park	Wayne Phillips	202.472.3884
Fort Dupont Park	Paul Gross	202.426.5169
Fort Washington Park	Don Steiner	301.763.4600
Frederick Douglass NHS	Paul Gross	202.426.5961
Greenbelt Park	Kevin Barry	301.344.3944
Kenilworth Aquatic Gardens	Debbie Kirkley	202.426.6905
Mary McLeod Bethune Council House	Joy Kinard	202.673.2402
Oxon Cove Park/Oxon Hill Farm	Owen Johnson, Jr.	301.839.1176



# Park Partners

## Accokeek Foundation

The **ACCOKEEK FOUNDATION** operates the **National Colonial Farm**, located in Piscataway Park. The farm was established by the Foundation in 1958 to educate people about farm life. The farm is a re-creation of a middle class farm dating back to 1775. Living demonstrations depict the life of a typical family during colonial times.

Visitors will find a circa 1780 farm dwelling, an 18th century tobacco farm, a smokehouse, a public fishing pier and a riverside path with a beautiful view of Mount Vernon, the former home of President George Washington. The Ecosystem Farm offers educational opportunities through Center for Land-Based Training.

### Contact Information

3400 Bryan Point Road  
Accokeek, MD 20607  
301-283-2113  
[www.accokeek.org](http://www.accokeek.org)

## Alice Ferguson Foundation

The **ALICE FERGUSON FOUNDATION** is a preeminent environmental educational organization on the Potomac River in Piscataway Park. As a leader of watershed stewardship, it models innovative practices, outreach, partnerships, programs and events that are replicated globally. Through its award winning program for school children at **Hard Bargain Farm** and the **Bridging the Watershed** program, students are guided to conduct investigations of the local environment, including wetlands, farmlands and meadows while expanding their personal connection to the natural world.

Each year, more than 10,000 students from the Washington, DC Metropolitan Area come to Hard Bargain Farm for day or overnight education field trips, the Annual Potomac Watershed Cleanup, and the Annual Spring Farm Festival.

### Contact Information

2001 Bryan Point Road  
Accokeek, MD 20607  
301-292-5665  
[www.fergusonfoundation.org](http://www.fergusonfoundation.org)

## Anacostia Community Boathouse Association

**ANACOSTIA COMMUNITY BOATHOUSE ASSOCIATION** (The ABCA) a volunteer organization dedicated to safe and environmentally responsible recreation on the Anacostia River.

The ABCA provides opportunities for nonmotorized recreational water activities such as rowing and paddling, kayaking and canoeing. As a partner with the National Park Service, ABCA works to improve boathouse facilities for the diverse communities along the Anacostia River. A permanent community boathouse is planned on the north shore of the Anacostia River that will contribute to the restoration and revitalization of the entire Southeast Washington and Anacostia community, and advance and improve access to the river for all to enjoy.

### Contact Information

1115 O Street, S.E.  
Washington, D.C. 20005-4405  
202-548-0469  
[www.anacostiaboathouse.org](http://www.anacostiaboathouse.org)

## Aquatic Resources Education Center

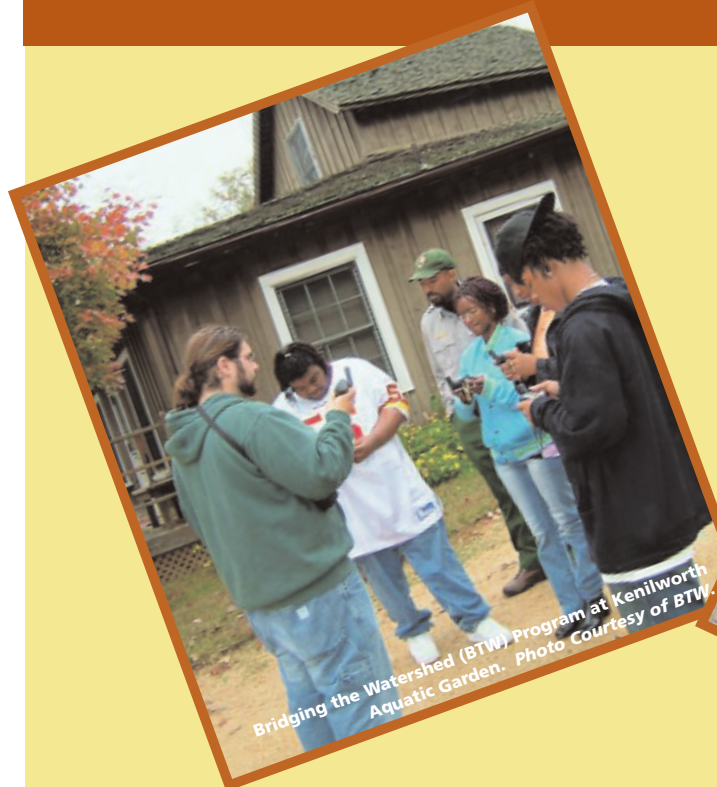
The **AQUATIC RESOURCES EDUCATION CENTER** (AREC) is located in Anacostia Park directly next to the Anacostia Skating Pavilion. The Center is a cooperative partnership between the District of Columbia's Fisheries and Wildlife Division, U.S. Fish and Wildlife Service and the National Park Service.

Visitors and students learn about the ecology, conservation and biology of local aquatic and fisheries resources through workshops, presentations and interactive displays. These activities and programs also serve to educate the local community on the need for awareness and protection of these fragile resources.



### Contact Information

1900 Anacostia Dr., S.E.  
Washington, D.C. 20020  
202-535-2260  
[www.doh.dc.gov/doh/cwp](http://www.doh.dc.gov/doh/cwp)



## Discovery Creek Children's Museum

**DISCOVERY CREEK** provides environmental education programs for children, families, and teachers. These hands-on, thought provoking programs take place in partnership with National Capital Parks-East and DC Public Schools at Kenilworth Aquatic Gardens. School-day science programs engage and excite elementary school age children to learn about science and nature. Discovery Creek inspires children to develop a life-long love of learning and a passion for the environment.



### Contact Information

2233 Wisconsin Avenue NW Suite 410,  
Washington, D.C. 20007  
202-337-5111  
[www.discoverycreek.org](http://www.discoverycreek.org)

## Earth Conservation Corps

**EARTH CONSERVATION CORPS** (ECC) is a non-profit youth development and environmental service organization located on the Anacostia River. ECC provides underprivileged young people with hands-on life skills, education, career and environmental training with an overall goal to facilitate the restoration of the Anacostia River and its surrounding communities.

Since 1992, ECC has recruited and trained over 18,000 young people in an effort to reclaim the Anacostia River. In 2002, ECC was awarded a grant to construct the first three demonstration sites of the Riverwalk Trail: Henson Park, the Old Capital Pump House, and a trail beneath the 11th Street bridge. ECC is a valuable partner to the National Park Service, assisting in the clean-up, beautification and restoration of several park sites

### Contact Information

Earth Conservation Corps  
First Street & Potomac Avenue, S.E.  
Washington, D.C. 20003  
202-554-1960  
[www.ECC1.org](http://www.ECC1.org)

## Friends of Fort Dupont Ice Arena, Inc.

Fort Dupont Ice Arena is owned by the National Park Service and managed and operated by **FRIENDS OF FORT DUPONT ICE ARENA, INC.** Fort Dupont Ice arena is the only public indoor ice arena in the city of



Washington, D.C. The ice arena offers athletic programs that encourage community participation. Many of the community programs such as **Kids on Ice** are free. Fort Dupont

Ice Arena has been named as America's Promise "Safe Place" - a safe place for young people offering structured activities during non-school hours. This designation was awarded by America's Promise Alliance for Youth Organization founded by General Colin Powell. The ice arena also serves as the venue for hockey tournaments and a practice rink for school hockey teams.

### Contact Information

3779 Ely Place, S.E.  
Washington, D.C. 20019  
(202) 584-5007  
[www.fdia.org](http://www.fdia.org)

## Student Conservation Association

**STUDENT CONSERVATION ASSOCIATION (SCA)** provides high school students, college students and others with meaningful conservation service internships and volunteer opportunities in our national parks. Students enjoy adventure, gain experience and make a difference. SCA has made an invaluable contribution to the beautification and conservation of the parks in National Capital Parks-East.



### Contact Information

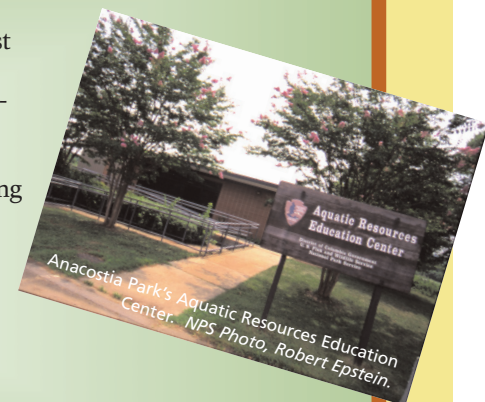
1800 North Kent Street, Suite 102  
Arlington, VA 22209  
703-524-2441  
[www.thesca.org](http://www.thesca.org)

## AQUATIC RESOURCES EDUCATION CENTER RE-OPENS

In April 2005, a ribbon cutting ceremony marked the opening of the newly renovated Aquatic Resources Center (AREC) located in Anacostia Park, in southeast Washington, D.C. The Center, operated by the D.C. Department of Wildlife, Division of Aquatic & Wildlife Resources Education, provides free educational programs relating to rivers, wildlife and habitat. These hands-on workshops that include an introduction to fishing and to the fragile ecology of the Anacostia River, provide experiences for students and visitors of all ages in a new, bright and engaging environment.

Developed in partnership with the National Park Service and the U.S. Fish and Wildlife Service, the Center offers offsite classroom presentations, teacher workshops, a fishing tackle loaner program and a variety of aquatic education offerings that include topics from non-point source pollution to water ecology.

"Many of the students who will attend the Center are native Washingtonians from southeast D.C. The Anacostia River is their 'backyard' said park Superintendent Gayle Hazelwood. "With our partners, we look forward to bringing our strengths to bear to help conserve this treasure and make a difference in our community."



## September 2005

### Living History Day

*Oxon Cove Park -*

*Mount Welby Farm House*

*12:30 p.m. Saturday, September 3*

*301- 839-1176*

*All Ages*

Costumed interpreters will portray the people who lived on the Oxon Hill Farm property in the 19th Century.

### Recovering Fitness

*Kenilworth Aquatic Gardens - Visitor Center*

*9:00 a.m. Saturday, September 3*

*(every other Saturday through December)*

*202-426-6905*

*Adults*

This activity is suitable for anyone who needs a little support to start getting back in shape. Fitness walks will explore Washington's history, nature and culture. Come prepared for an easy, but sometimes wet walk.

### Invasive Plant Removal

*Greenbelt Park -*

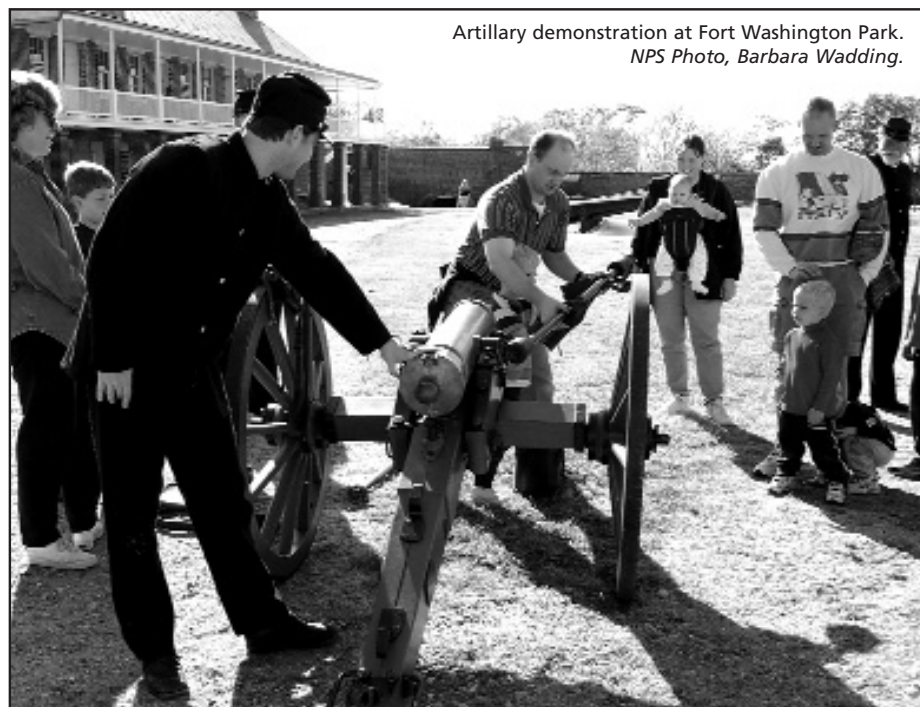
*Sweetgum Picnic Area*

*11:00 a.m. Saturday, September 3*

*301-344-3944*

*All Ages*

Help protect Greenbelt Park from harmful invasive plants. Join in a hands-on nature preservation activity and learn about native and non-native plants. This program will take place every first Saturday of each month, come rain or shine. Please wear appropriate shoes, clothing and work gloves and bring lunch/snack. This is a partnership between Greenbelt Park and the University of Maryland.



Artillery demonstration at Fort Washington Park.  
NPS Photo, Barbara Wadding.

### Artillery Demonstrations

*Fort Washington Park - Old Fort*

*1:00 p.m., 2:00 p.m. & 3:00 p.m.*

*Sunday, September 4*

*301-763-4600*

*All Ages*

Volunteers dressed in Civil War uniforms will present cannon firing demonstrations and explain the procedures used during the muzzle-loading era of American artillery.

### Techno Bats

*Kenilworth Aquatic Gardens -*

*Visitor Center*

*9:00 a.m. Saturday, September 3*

*202-426-6905*

*Pre-school - Adults*

A casual look at bats and the wave technology they use to find bugs at night, avoid crashes and communicate with each other. Separate the myth from the facts. Meet "Smoochy," the unfortunate bat. "Smoochy" had more problems after he died and was stuffed than he ever had in life.

### Brunswick Stew

*Oxon Cove Park - Visitor Center*

*12:30 p.m. Saturday, September 10*

*301- 839-1176*

*All Ages*

Learn the recipe of Brunswick Stew, a popular dish of the 19th century. Sorry, no tasting.

### Family Skate Day

*Anacostia Park - Skating Pavilion*

*12:00 noon to 7:00 p.m.*

*Sunday, September 11*

*202- 472-3873*

*All Ages*

Our Family Skate Association promotes family and community togetherness and fitness through roller-skating.

### Extra Special All Skate

*Anacostia Park - Skating Pavilion*

*12:00 noon to 7:00 p.m.*

*Friday, September 16*

*202-472-3873*

*All Ages*

Family Skate Association presents a skating program for those with physical and congestive disabilities, thereby promoting community fitness and togetherness through skating.



## Wayside Walking Tour

*Oxon Cove Park -*

*Meet at the parking lot*

*12:30 p.m. Saturday, September 17*

*301-839-1176*

*Adults*

Take a 1.2 mile leisurely walk through the park to explore the outside exhibits. We will stop at each exhibit and have a brief discussion to enhance our understanding of the significance of Oxon Cove Park. Wear comfortable shoes and dress for the weather. Reservations required.

## 2004 Maryland Lighthouse Challenge

*Fort Washington Park - Lighthouse*

*8:00 a.m. to 6:00 p.m.*

*Saturday, September 17*

*& Sunday, September 18*

*301-763-4600*

*All Ages*

Nine Lighthouses, One Lightship, Two Days - Discover an important aspect of Maryland's maritime history during this educational and fun-filled event showcasing Maryland's land-accessible lighthouses. Participating lighthouses: Concord Point, Cove Point, Drum Point, Fort Washington, Hooper Straight, Piney Point, Point Lookout, Seven Foot Knoll, Turkey Point and the Chesapeake Lightship.



## Public Lands Day

*Greenbelt Park -*

*Sweetgum Picnic Area*

*11:00 a.m. Saturday, September 17*

*301-344-3944*

*Ages 14 and up*

Volunteer to help Greenbelt with a park improvement project.

## Frederick Douglass Memorial & Historical Association Community Program

*Frederick Douglass National*

*Historic Site - Visitor Center*

*2:00 p.m. Saturday, September 17*

*202-426-5961*

*Speaker TBA*

## Family Skate Day

*Anacostia Park - Skating Pavilion*

*12:00 to 7:00 p.m.*

*Sunday, September 18*

*202-472-383*

*All ages*

Our Family Skate Association is promoting family and community togetherness and fitness through roller skating.

## Environmental Expo

*Anacostia Park - Skating Pavilion*

*8:00 a.m. to 3:00 p.m.*

*Friday, September 23*

*202-472-3873*

*All Ages*

Environmental education, displays and programs for students.

## St. Elizabeth's Hospital Era

*Oxon Cove Park - Visitor Barn*

*12:30 p.m. Saturday, September 24*

*301-839-1176*

*Adults*

Learn about the history of the farm from 1891 to 1967 when Oxon Cove Park was the St. Elizabeth Hospital Farm of Washington, DC.

## Daily Programs at Oxon Cove Park

### Cow Milking

Monday, Tuesday, Thursday  
11:30 a.m., 3:30 p.m.

Wednesday and Friday  
10:00 a.m., 11:30 a.m., 3:30 p.m.

Saturday and Sunday  
10:00 a.m., 3:30 p.m.

### Wagon Ride

Saturday through Thursday  
1:30 p.m.

Friday  
11:00 a.m.

### Special Wagon Ride

September Only  
Wednesday at 9:30 a.m.

### History of the Farm

Tuesday, Thursday, Sunday  
2:30 p.m.

### Chicken Program

Saturday through Thursday  
11:00 a.m.



## Seasonal Displays at Oxon Cove Park

**October** - Harvest Time

**November** - Native

American Month

**December** - Holiday

Celebration

All displays are located in the Visitor Barn.

## October 2005

### What's the Fuss with Squirrels?

*Greenbelt Park - Ranger Station*  
1:00 p.m. Saturday, September 24  
RSVP at 301-344-3944  
Ages 5 to 12  
Learn how and why squirrels build warm nests, use trees for shelter and food source and how they communicate.

### 25th Annual Oktoberfest and Auction

*Hard Bargain Farm*  
*Accokeek, Maryland*  
1:00 p.m. to 6:00 p.m.  
Saturday, September 24  
301-292-5665  
All Ages  
Alice Ferguson Foundation presents the 25th Annual Oktoberfest and Auction. Enjoy delicious homemade authentic German cuisine, Spaten Beer, pressed apple cider, baked goods and delicacies, grilled pretzels, arts and crafts for kids, hay wagon rides to the river, music and dance by the Washingtonia Schulplattlers, and live and silent auction. Admission is \$6.00 per person.

### Universal Soldier: Military Timeline Event

*Fort Washington Park - Visitor Center*  
9:00 a.m. to 5:00 p.m.  
Saturday, September 24  
10:00 a.m. to 3:00 p.m.  
Sunday, September 25  
301-763-4600  
All Ages  
Witness the evolution of military power as living history enactors depict soldier life from ancient Roman times to the present.

### Frederick Douglas at Home

*Frederick Douglass National Historic Site*  
2:00 p.m. Sunday, September 25  
202-426-5961  
Join a park ranger for a program on Frederick Douglass as a family man.

### Invasive Plant Removal

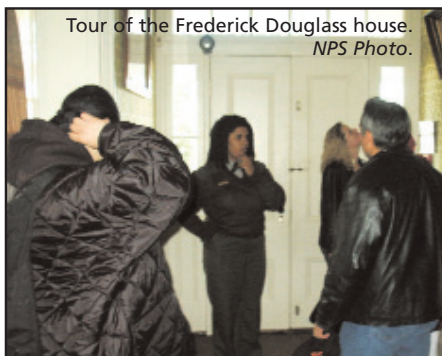
*Greenbelt Park - Sweetgum Picnic Area*  
11:00 a.m. Saturday, October 1  
301-344-3944  
All Ages  
Help protect Greenbelt Park from harmful invasive plants. Join in a hands-on nature preservation activity and learn about native and non-native plants. This program will be every first Saturday of each month, come rain or shine. Please wear appropriate shoes, clothing, work gloves and bring lunch/snack. This is a partnership between Greenbelt Park and the University of Maryland.

### Artillery Demonstrations

*Fort Washington Park - Old Fort*  
1:00 p.m., 2:00 p.m. & 3:00 p.m.  
Sunday, October 2  
301-763-4600  
All Ages  
Volunteers dressed in Civil War uniforms will present cannon firing demonstrations and explain the procedures used during the muzzle-loading era of American artillery.

### Education is the Answer: A Teen Forum

*Frederick Douglass National Historic Site - Visitor Center*  
9:00 a.m. Wednesday, October 5  
202-426-5961  
A panel of motivational community leaders will discuss Frederick Douglass' emphasis on education with high school students. Reservations required.



### Apple Cider Days

*Oxon Cove Park - Visitor Barn*  
12:30 p.m. Saturday, October 8  
301-839-1176  
All Ages  
We will crank up the cider press and make old fashioned apple cider. Learn how this popular drink of the 19th century is made. Sorry, no tasting.

### Fall Festival

*Greenbelt Park - Sweetgum Picnic Area*  
12:00 noon until 5:00 p.m.  
Saturday, October 8  
(rain date Sunday, October 9)  
RSVP at 301-344-3944  
All Ages  
Join us in the Sweetgum Picnic Area as we celebrate the arrival of fall. There is fun to be had by all through music, entertainment, games, hayrides and more.

### Family Harvest Skate Jam

*Anacostia Park - Skating Pavilion*  
1 p.m. to 5 p.m.  
Saturday, October 8  
202-472-3873  
All Ages  
Our Family Skate Association and Skate-A-Licious are promoting community and family togetherness and fitness through roller-skating.

### Recovering Fitness

*Kenilworth Aquatic Gardens - Visitor Center*  
9:00 a.m. Saturday, October 8  
(every other Saturday through December)  
202-426-6905  
Adults  
This activity is suitable for anyone who needs a little support to start getting back in shape. Fitness walks will explore Washington's history, nature and culture. Come prepared for an easy, but sometimes wet walk.

## Special Spiders - The Farmer's Friend

Oxon Cove Park - Visitor Barn

12:30 p.m. Saturday, October 15

301- 839 -1176

Geared towards ages 5-12, but all are welcomed.

Join us for a fun and educational look at spiders. Program includes stories and games, and will conclude with a walk exploring the world of spiders.

## Food Preservation - Drying Apples

Oxon Cove Park - Visitor Barn

12:30 p.m. Saturday, October 22

301- 839 -1176

All Ages

Drying is the simplest method of food preservation. Come to the farm and learn how the inhabitants of the park property preserved food for the winter in the 19th century.



## Fall Color

Greenbelt Park - Azalea Trail

1:00 p.m. Saturday, October 22

RSVP at 301-344-3944

Ages 5 to Adult

Join a Park Ranger as we discover one of the greatest shows on earth; the changing of the leaves in the hardwood trees from greens to spectacular reds, yellows and browns.

## Pumpkins - The Special Squash

Oxon Cove Park - Visitor Barn

12:30 p.m. Saturday, October 29

301 - 839 - 1176

Geared to kids ages 5-12, but all are welcomed.

Join us for a look at how pumpkins have become a traditional harvest plant. Through stories, songs and poems, we will discover the place that pumpkins have in American culture.



## Greenbelt Park Hosts Annual Fall Festival

Greenbelt Park will present its Fall Festival Saturday, October 8, from 12:00 p.m. until 5:00 p.m. with a rain date of October 9, 2005. The festival is a celebration of vibrant leaf colors from the many species of trees, brisk autumn air and the beginning of Fall. It's also designed to encourage family use of the park and to introduce the park to all members of the community.

Greenbelt Park is a unit of the National Park Service, National Capital Parks-East, located at 6565 Greenbelt Road, Greenbelt, MD 20770. The park is comprised of 1,100 acres and offers

visitors camping, hiking, biking, picnicking, environmental education programs, and special events. Last year, hundreds of community visitors participated in a fun-filled day of activities for all ages. We are looking forward to this year's festival bringing the community together with live music, games, arts and crafts, clowns, a magician, hay rides and much more. The festival will also feature Greenbelt Park maintenance heavy equipment, United States Park Police community programs, Smokey the Bear, pumpkin painting and more.

We are in search of local groups and community organizations to participate via safety demonstrations, exhibits and public awareness information booths. Please feel free to contact a Park Ranger for additional information on 301-344-3944.



# Fall Events 2005

## November 2005

### Historical Farm Equipment

Oxon Cove Park - Visitor Barn  
12:30 p.m. Saturday, November 5  
301- 839 - 1176  
All Ages

Did you ever wonder what a strange looking piece of farm equipment was used for? Take a walking tour and learn how technology has changed from horse to machine power.

### Invasive Plant Removal

Greenbelt Park - Sweetgum Picnic Area

11:00 a.m. Saturday, November 5  
301-344-3944  
All Ages

Help protect Greenbelt Park from harmful invasive plants. Join in a hands-on nature preservation activity and learn about native and non-native plants. This program will be every first Saturday of each month, come rain or shine. Please wear appropriate shoes, clothing, and work gloves and bring lunch/snack. This is a partnership between Greenbelt Park and the University of Maryland

### Recovering Fitness

Kenilworth Aquatic Gardens - Visitor Center

9:00 a.m. Saturday, November 5  
202-426-6905  
Adults

This activity is suitable for anyone who needs a little support to start getting back in shape. Fitness walks will explore Washington's history, nature and culture. Come prepared for an easy, but sometimes wet walk.

### Native American Month

Oxon Cove Park - Visitor Center  
12:30 p.m. Saturday, November 12  
301 - 839 - 1176  
All Ages

We will celebrate Native American Month with a look at how the first inhabitants of the Oxon Hill Farm property, Native Americans, celebrated the harvest and prepared for wintertime.



## Daily Programs at Mary McLeod Bethune Council House NHS

Tours of the site are given daily, Monday thru Saturday from 9 a.m to 4 p.m. Walk-in visitors are welcomed. Tours are available for individuals and groups of all ages. Reservations are required for groups of 10 or more. Visitors to the Bethune Council House will see original furnishings and historic photographs depicting the Council House from 1943 until 1966 when it was Mary McLeod Bethune's Washington, D.C. residence and the first headquarters of the National Council of Negro Women. The site is the location of the National Archives for Black Women's History which houses the largest manuscript collection of materials solely dedicated to African American women and their organizations.

### Volunteer Day

Greenbelt Park - Ranger Station  
10:00 a.m. to 12 noon - November 12  
10 and Above

Join a Park Ranger and neighbors to help clean-up the park and campground. All participants are asked to meet at the Ranger Station.

### Hogs on the Hill

Oxon Cove Park - Visitor Barn  
12:30 p.m. Saturday, November 22  
301 - 839 -1176  
All Ages

Learn about this popular farm animal, the hog, and the all the products that come from hogs.

### Animals in the Winter

Greenbelt Park - Ranger Station  
1:00 p.m. Saturday, November 26  
RSVP at 301-344-3944  
Ages 5 to 12

Come and discover animal behavior and animal survival techniques through winter.

### Talkin' Turkeys

Oxon Cove Park - Visitor Center  
12:30 p.m. Saturday, November 29  
301-839 -1176  
All Ages

Meet the farm turkeys and learn why these birds have become an important harvest symbol. Join us for a fun and educational look at these native birds of America.



Mary McLeod Bethune Council House.  
NPS Photo, Robert Epstein.

## Federal Women's Food Drive

Greenbelt Park - Park Headquarter  
& Ranger Station

November 25 through December 17,  
2005

301-344-3944

All Ages

Help the less fortunate and support  
the Federal Women's Food Drive.

## December 2005

### Invasive Plant Removal

Greenbelt Park - Sweetgum Picnic  
Area

11:00 a.m. Saturday, December 3

301-344-3944

All Ages

Help protect Greenbelt Park from  
harmful invasive plants. Join in a  
hands-on nature preservation  
activity and learn about native and  
non-native plants. This program  
will be every first Saturday of each  
month, come rain or shine. Please  
wear appropriate shoes, clothing,  
and work gloves, and bring  
lunch/snack. This is a partnership  
between Greenbelt Park and the  
University of Maryland.

### Recovering Fitness

Kenilworth Aquatic Gardens - Visitor  
Center

9:00 a.m. Saturday, December 3  
(every other Saturday through  
December)

202-426-6905

Adults

This activity is suitable for anyone  
who needs a little support to start  
getting back in shape. Fitness walks  
will explore Washington's history,  
nature and culture. Come prepared  
for an easy, but sometimes wet  
walk.



Kenilworth Aquatic Gardens. NPS Photo.



## PHOTO CONTEST!!

We're looking for your best photos!

National Capital Parks-East is looking for photo-  
graphs that you, our park visitors, take of the park  
sites that you visit at National Capital Parks-East.

We are launching a contest for the best photos. The winning photos will be fea-  
tured in a monthly calendar that will published in 2007.

National Capital Parks-East is comprised of more than 8,000 acres of federal  
lands, ranging from neighborhood community parks and National Historic Sites  
to unique wetland ecosystems, meadows and mature hardwood forests. The  
park contains miles of scenic parkways, hiking trails, riverfront, recreation areas,  
a Civil War fort, numerous statuary; rich cultural areas that honor women suffra-  
gists, Frederick Douglass, Native American ancestry and much more. We are  
looking for photos that capture the essence of these sites.

Photos should be digital and of a high resolution. Please submit your photos  
on a CD-ROM to: Janet Braxton, Public Information Officer, National Capital  
Parks-East, 1900 Anacostia Drive, S.E., Washington, D.C. 20020. Winners will  
be notified via email. Please include your name, telephone number and your  
email address. Photos will not be returned. **Please submit your photos by  
January 31, 2006.**



### Annual Oratorical Contest

Frederick Douglass National Historic  
Site - Visitor Center

10:30 a.m. - 12:30 p.m. Monday,  
December 5 - Friday, December 9  
202-426-5961

This annual contest features  
speakers competing in three age  
groups: elementary, junior high and  
high school. Deadline for registra-  
tion is November 30.

### Meet the Beaver

Greenbelt Park - Ranger Station

11:00 a.m. Saturday, December 10

RSVP at 301-344-3944

Ages 5 to Adult

Join a Park Ranger as we learn what  
and how beavers build dams, con-  
struct lodges and cut down trees.

### Cultural Holiday Festival

Oxon Cove Park - Visitor Center

1:00 p.m. Sunday, December 11

301- 839-1176

All Ages

Celebrate the holiday season at  
Oxon Hill Farm as we pay tribute  
to the many cultures (African  
American, European, and Native  
American) that have shaped the  
park's history. Join us for a fun and  
educational look back in time and  
celebrate this joyous holiday sea-  
son.

### Holiday Program

Frederick Douglass national  
Historic Site - Visitor Center

2:00 p.m. Sunday, December 18

202-426-5961

Celebrate the holidays by learning  
about the Victorian Christmas tra-  
ditions of the Douglass family.





# Spotlight on Park Partners

## NPCA Makes A Difference

The National Parks Conservation Association (NPCA) first came to Kenilworth Aquatic Gardens in the spring of 2001 to help organize a March for Parks and community appreciation day. That first event brought several hundred people into the park, including many residents of far-northeast Washington, DC who hadn't been to the Aquatic Gardens in years. Sensing that the atmosphere was right for increased interaction between the park and its neighbors, NPCA joined with National Park Service personnel and subsequently organized a series of community service, volunteer, and outdoor education events at the Aquatic Gardens. A large clean up scheduled for Saturday September 24, 2005 will be the 5th consecutive National Public Lands Day the Park Service and NPCA have co-sponsored.

Volunteers at the Aquatic Gardens have logged close to 1,500 hours of community service in recent years. The Volunteers in Parks (VIP) at the Aquatic Gardens have helped to reopen park trails by removing storm damage, repairing dykes on lily ponds, cleaning the cold frame beds, assisting park staff with event logistics during the annual Waterlily Festival, and removing countless tons of garbage from the marsh, boardwalk and riverwalk trail. Volunteers make a world of difference when it comes to improving the health and well being of the Aquatic Gardens.

That's why NPCA will continue to promote opportunities for citizens to demonstrate their love for our public lands by donating a few hours each month to help the National Park Service maintain Kenilworth Aquatic Gardens unimpaired for the benefit and enjoyment of all.

The mission of the National Parks Conservation Association is to protect and enhance America's National Park System for current and future generations. Work our organization has done effectively and with great pride since our establishment in 1919. Our support of volunteer and community service activities at Kenilworth Aquatic Gardens is one more expression of our commitment to help all national park units, regardless of their size, fulfill their vitally important role as the custodians of our natural and cultural heritage.

If you'd like to learn more about volunteer opportunities at the Aquatic Gardens please contact Alan at [aspears@npca.org](mailto:aspears@npca.org).

*Alan Spears works for NPCA as the Associate Director for Diversity.*



NPCA at Kenilworth Aquatic Gardens.  
Photos courtesy of Alan Spears.



# Fort Washington Park: Then and Now

While in continuous use for almost 200 years, Fort Washington has changed from a mighty military fortification to an army training center (first for men and then for women) and finally a National Park that accommodates more than 260,000 visitors annually. Fort Washington extends far beyond the old fortification walls. Over the years, thousands of soldiers and dozens of buildings served to make this a thriving military operation. Most of those buildings are gone now, but the old fort remains.

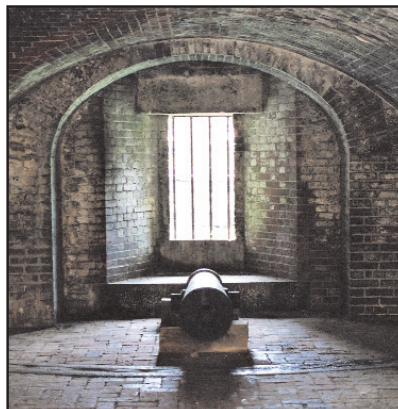
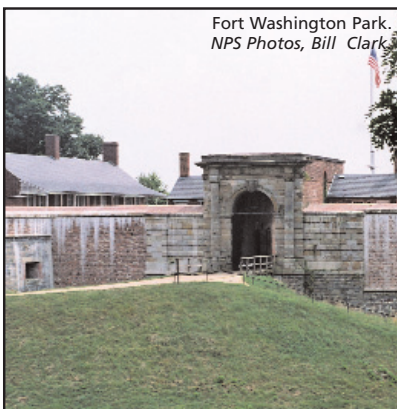
Brick and stone military fortifications were mostly obsolete by the time of the Civil War. The advent of military aviation, with its ability to bomb targets from the air, made such forts easy targets. Most coastal fortifications are long gone. But a few remain for educational and recreational purposes such is the case for Fort Washington.

The very first coastal fortification on the site of Fort Washington, called Fort Warburton, was chosen by President George Washington in 1794. From this point the fort guarded the Potomac River channels. On August 20, 1814, five heavily armed British war ships appeared down stream threatening the American defenses. Captain Samuel Dyson, commander of a small garrison of 60 men, ordered the fort destroyed rather than risk defeat at the hands of the British.

A new fortification, named for President George Washington, was constructed between 1814 and 1824 with extensive improvements and remodeling in 1848. The grounds and structures of this fort played an active role in military history up through and including World War II as a training facility for new officers and as the defender of the Nation's Capital.

This massive masonry, brick and stone structure with its forty to sixty foot high walls and three acre parade grounds, once mounted 40 cannons on the bastion and demi-bastion walls and in the casemates. From the late 1890s through 1922, eight concrete gun batteries were constructed as a part of the Endicott Period reinforcements to coastal defenses throughout the nation. During World War I and II, mines were placed in the Potomac River near the fort to defend against submarines and surface vessels. They were exploded after the wars by the military to make the river passable again.

Fort Washington is now a National Park offering the visitor a wide array of cultural, natural and recreational activities. The park includes permanent exhibits, living history programs, shoreline environmental education, nature trail hikes, biking, picnicking, and fishing along the shoreline and a variety of special events. New visitors to Fort Washington Park will be pleased to find this 341-acre oasis. Here is a place that combines a breathtaking landscape and a rich history.





## STAY PARK SMART EXPERIENCE AMERICA'S NATIONAL PARKS AT PARTICIPATING EASTERN NATIONAL BOOKSTORES

**Eastern National Association** is a partner with five park sites within National Capital Parks-East. Eastern National strives to help connect people to parks through the sale of quality educational products and services.

Eastern National operates educational retail outlets in over 150 national parks and other public trusts. A wide variety of theme-related, site-specific publications and merchandise can be purchased in Eastern National bookstores. Park supporters also have the ability to place orders online at [www.eParks.com](http://www.eParks.com) or by calling (877) NAT-PARK.

### Books

Cobblestone: Mary McLeod Bethune - She was an educator, organizer, fundraiser, and political activist. She worked tirelessly for equality for African-Americans both in education and political representation. Appropriate for children in grades 3-5. [eParks.com](http://eParks.com) keyword: 2-27124. \$4.50

My Bondage and My Freedom by Frederick Douglass - He wrote three autobiographies, of which, this one is the most graphic. Throughout the book, Douglass provides a keen analysis of the effect of slavery on children and their parents. This is the unabridged and unaltered 1855 version. \$9.95

### Audio/Video

Civil War Journal: The 54th Massachusetts - This 1993 video details the history of the Massachusetts 54th Regiment. The African-American regiment served with valor and distinction in the Civil War. \$19.95

Frederick Douglass: An American Life - This documentary film produced by the National Park Service explores the life and times of Frederick Douglass, a fugitive slave who becomes an eloquent orator and spokesman against slavery. \$19.95

### Collectibles

America's National Parks Deluxe Scrapbook Kit - This is the first scrapbook kit specifically designed for visitors to the national parks. The kit uses well-known national park icons like Mount Rushmore, the Liberty Bell and a giant Sequoia to represent the wide-range of natural, cultural and historic themes found in our national parks. \$9.95

America's National Parks Memory Card Game - This 60 piece game features beautiful photographs of the National Parks. It is both fun and educational, with a detailed informational booklet describing the featured parks. \$10.95



Oxon Cove Park Visitor Barn.  
NPS Photo, Robert Epstein.

## PARK SAFETY TIPS

### VALUABLES

Thefts from cars and of personal property left unattended at parks are a major problem. Visitors and rented cars particularly are targets for thieves. Do not take unnecessary valuables with you on your outing, and never leave any valuables unattended in the park or in the car, even in the locked trunk.

**BUCKLE UP! SEAT BELTS ARE REQUIRED BY LAW.**

Slow down at dawn and dusk. Watch carefully at all times for pedestrians, other motorists, and animals on roadways.



### ON THE ROAD

- Pedestrians have the right of way.
- Follow park speed limits.
- Be aware that traffic in parks can be very heavy so be patient.
- Always yield to emergency vehicles.
- Always keep an eye out for bicyclists, especially when turning, merging, changing lanes, or entering intersections.

### FORTIFICATIONS

Climbing any part of fortifications or on the batteries around them is unsafe. Many historic surfaces are uneven and some areas are slippery and damp especially in rain or snow. Please stay off parapets, and watch your children.

**ALWAYS PUT OUT CAMPFIRES!**

They are dangerous when left unattended and can cause forest fires.

Always put campfires out completely with water before leaving the area.



**DON'T LITTER**

Use the trash cans located throughout the park.

### HIKING PRECAUTIONS

- Hiking off trails is unsafe, damages vegetation, causes erosion, and creates unsightly paths.
- Choose hiking trails suitable to your physical condition.
- If you plan to hike solo, give your intended route and length of trip, to a park ranger or friend.
- Wear the proper clothing. Hiking boots should be sturdy, with good traction and ankle support, and should be well broken in ahead of time.
- Bring along bottled water.



## FALL SAFETY TIPS

### DEER SEASON

Deer season begins in the month of November, the Monday after Thanksgiving Day, and drivers should be extremely alert for deer. November is peak mating season for deer and a time when a large number of auto-deer collisions occur.

- Stay alert, awake and always wear your seatbelt and drive at a safe, sensible speed for conditions.
- Deliberately watch for deer, particularly when driving during peak collision times. Highest-risk periods are from sunset to midnight and the hours shortly before and after sunrise.
- When driving at night, use high-beam headlights when there is no opposing traffic. The high beams will illuminate the eyes of deer on or near a roadway.
- Watch for the reflection of deer eyes and for deer silhouettes on the shoulder of the road. High-beam headlights will not necessarily frighten a deer, so do not rely on the high beams to deter deer, but rather rely on the lights to better illuminate the animal.
- Deer are often unpredictable, especially when faced with glaring headlights, blowing horns and fast-moving vehicles. Sometimes they stop in the middle of the road when crossing or cross quickly and come back. Sometimes they move toward an approaching vehicle. Deer frequently travel in groups and in single file. If you see one deer on or near the road, expect that others may follow.

- Brake firmly when you notice a deer in or near your path, but stay in your lane. Many serious crashes occur when drivers swerve to avoid a deer and hit another vehicle or lose control of their cars.
- If you do strike a deer, and are uncertain whether or not the deer is dead, then keep your distance, as this is an injured, wild animal with sharp hooves that can inflict injuries. If the deer is blocking the roadway and poses a danger to other motorists, you should report the incident to the U.S. Park Police or a local law enforcement agency.











































































### Hunting is prohibited on national park lands.

Be aware of tiny deer ticks that carry Lyme disease and know which symptoms to watch out for. When in a potentially infested area, apply insect repellent, wear long-sleeved shirts, pants and socks.





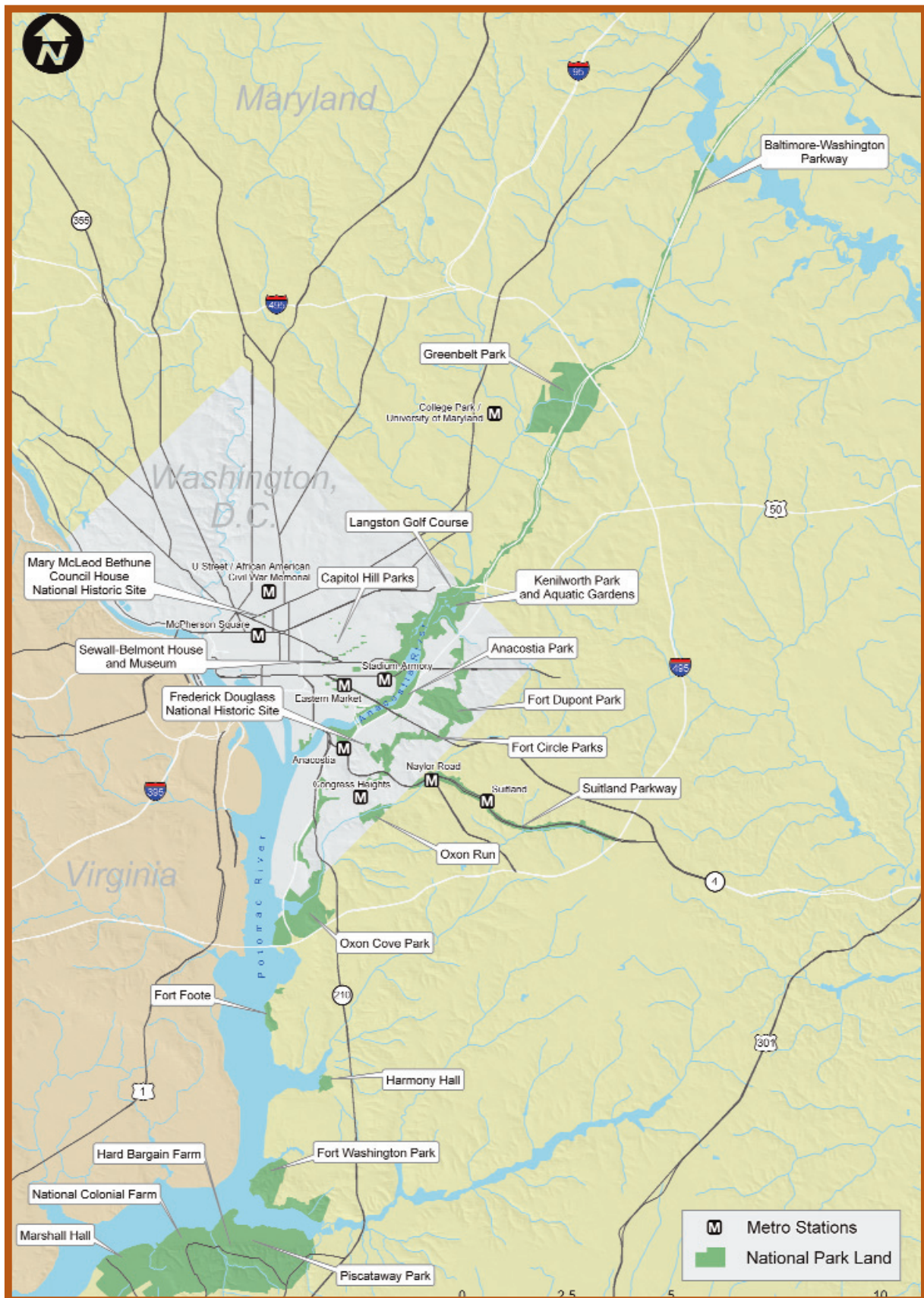
# Activities At Your Fingertips

	Anacostia Park	Mary McLeod Bethune Council House NHS	Fort Dupont Park	Fort Washington Park	Frederick Douglass NHS	Greenbelt Park	Kenilworth Aquatic Gardens	Oxon Cove Park/ Oxon Hill Farm	Piscataway Park
Biking									
Birding									
Camping									
Canoeing									
Folklife Demonstrations									
Education Programs									
Hiking									
Music (Live)									
On-site Parking									
Picknicking									
Ranger-led Programs									
Sports Fields (Multi-purpose)									
Visitor Information Center									

## Camping at Greenbelt Park



Overnight camping is available year-round at Greenbelt Park, a green oasis in beautiful urban setting, with trails for hiking, biking and a variety of wildlife for the naturalist to enjoy. The park provides a pleasurable retreat from the hectic pace of the Nation's Capital. There are 174 campsites with facilities for campers to enjoy a hot shower. A campground host is there to welcome campers 24 hours a day. During the months of September through the end of May, reservations are not required. Visitors should be aware there are no electrical hook-ups or water hook-ups available. For more information on the Greenbelt Park Campground, call (301) 344-3948.





National Capital Parks - East  
1900 Anacostia Drive, SE  
Washington D.C. 20020

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## Experience Your America

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Fall foliage on the scenic Baltimore-Washington Parkway.  
*NPS Photo, Robert Epstein.*

The **BALTIMORE-WASHINGTON** and **SUITLAND PARKWAYS** are scenic gateways to the heart of the nation's capital.

As a natural extension of the National Park System in the Greater Washington Metropolitan area, these parkways maintain picturesque landscapes and link important suburban-based federal sites, recreational features, and facilities. With limited lighting and signage, and void of commercial vehicles or other distractions, the parkways feature gentle curves, bridges, retaining walls, and other scenic attractions.

The 29-mile route of the Baltimore-Washington Parkway connects Baltimore, Maryland with Washington, D.C. The part of the parkway from Washington, D.C. to just beyond Fort Meade, Maryland is managed by the National Park Service.

The Suitland Parkway extends 9 1/2 miles from the end of the South Capitol Street Bridge in the District of Columbia to the junction of Route 4 (Pennsylvania Avenue) in Maryland. It is the route often taken by visiting dignitaries who arrive at Andrews Air Force Base.

*The staff of Beyond the Capital would like to thank Margie Ortiz and the NCR Office of Communications for their assistance in the publication of this Visitors Guide.*